



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 09434, Guanabana nectar, canned

Report Date: June 30, 2017 11:16 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	84.72	2	--	83.93	85.5	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Energy	kcal	59	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Energy	kJ	245	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Protein <sup>1</sup>	g	0.11	2	--	0.09	0.12	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Total lipid (fat) <sup>1</sup>	g	0.17	2	--	0.06	0.28	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Ash <sup>1</sup>	g	0.08	2	--	0.05	0.1	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Carbohydrate, by difference	g	14.93	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Fiber, total dietary <sup>1</sup>	g	0.1	2	--	0	0.1	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Sugars, total <sup>1</sup>	g	13.07	2	--	12.9	13.24	1.0	--	--	1	Analytical or derived from analytical	--	04/2006

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Sucrose <a href="#">1</a>	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	11/2006
Glucose (dextrose) <a href="#">1</a>	g	6.37	2	--	5.75	6.98	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Fructose <a href="#">1</a>	g	5.94	2	--	5.93	5.96	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Lactose <a href="#">1</a>	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	11/2006
Maltose <a href="#">1</a>	g	0.76	2	--	0.3	1.22	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Galactose <a href="#">1</a>	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	11/2006
Starch <a href="#">1</a>	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	11/2006
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	7	2	--	4	11	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Iron, Fe <a href="#">1</a>	mg	0.36	2	--	0.19	0.53	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Magnesium, Mg <a href="#">1</a>	mg	3	2	--	3	3	1.0	--	--	1	Analytical or derived from analytical	--	04/2006

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Phosphorus, P <a href="#">1</a>	mg	2	2	--	1	3	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Potassium, K <a href="#">1</a>	mg	25	2	--	12	38	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Sodium, Na <a href="#">1</a>	mg	8	2	--	4	12	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Zinc, Zn <a href="#">1</a>	mg	0.02	2	--	0.01	0.02	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Copper, Cu <a href="#">1</a>	mg	0.010	2	--	0.01	0.01	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Manganese, Mn <a href="#">1</a>	mg	0.010	2	--	0.01	0.01	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Selenium, Se	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	09436	03/2007
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	11.1	2	--	8.5	13.6	1.0	--	--	1	Analytical or derived from analytical	--	11/2006
Thiamin <a href="#">1</a>	mg	0.003	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2006
Riboflavin <a href="#">1</a>	mg	0.011	2	--	0	0.02	1.0	--	--	1	Analytical or derived from analytical	--	04/2006

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Niacin <a href="#">1</a>	mg	0.120	2	--	0.07	0.17	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Pantothenic acid <a href="#">1</a>	mg	0.070	2	--	0.05	0.09	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Vitamin B-6 <a href="#">1</a>	mg	0.007	2	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	04/2006
Folate, total <a href="#">1</a>	μg	6	2	--	5	6	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Folate, food <a href="#">1</a>	μg	6	2	--	5	6	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Folate, DFE	μg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total <a href="#">1</a>	mg	2.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2006
Betaine <a href="#">1</a>	mg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
Vitamin A, RAE <a href="#">1</a>	μg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007

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Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
Carotene, beta <sup>1</sup>	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	11/2006
Carotene, alpha <sup>1</sup>	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	11/2006
Cryptoxanthin, beta <sup>1</sup>	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	11/2006
Vitamin A, IU <sup>1</sup>	IU	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Lycopene <sup>1</sup>	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	11/2006
Lutein + zeaxanthin <sup>1</sup>	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	0.01	2	--	0	0.01	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
Tocopherol, beta <sup>1</sup>	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	11/2006
Tocopherol, gamma <sup>1</sup>	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	11/2006

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Tocopherol, delta <sup>1</sup>	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	11/2006
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2009
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2009
Vitamin K (phylloquinone) <sup>1</sup>	µg	0.0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	11/2006
<b>Lipids</b>													
Fatty acids, total saturated	g	0.029	--	--	--	--	--	--	--	--	Calculated or imputed	09315	03/2007
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09315	03/2007
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09315	03/2007
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09315	03/2007
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09315	03/2007
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09315	03/2007
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09315	03/2007
16:0	g	0.023	--	--	--	--	--	--	--	--	Calculated or imputed	09315	03/2007
18:0	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	09315	03/2007
Fatty acids, total monounsaturated	g	0.051	--	--	--	--	--	--	--	--	Calculated or imputed	09315	03/2007
16:1 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	09315	03/2007
18:1 undifferentiated	g	0.048	--	--	--	--	--	--	--	--	Calculated or imputed	09315	03/2007
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09315	03/2007

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22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09315	03/2007
Fatty acids, total polyunsaturated	g	0.039	--	--	--	--	--	--	--	--	Calculated or imputed	09315	03/2007
18:2 undifferentiated	g	0.039	--	--	--	--	--	--	--	--	Calculated or imputed	09315	03/2007
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09315	03/2007
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09315	03/2007
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09315	03/2007
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09315	03/2007
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09315	03/2007
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09315	03/2007
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007

Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8e, 2004 Beltsville MD